

## Ayurvedic Management of Chronic *Vicharchika* (Eczema) with *Jalaukavacharana* (Blood letting therapy by leech application): A Case Report Demonstrating EASI Score Reduction

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### Abstract

*Vicharchika* is one of the *Kshudra Kushta* diseases in Ayurveda, and its signs and symptoms are found to correspond with eczema. *Vicharchika* (Eczema) is mainly due to the aggravated *Kapha* and *Pitta* doshas that cause disorders of *Twak* and *Rakta*. The signs and symptoms are *Kandu* (Itching), *Srava* (Oozing), *Pidika* (eruption), and Lichenification.

To determine the clinical efficacy of integrated Ayurvedic treatment protocols on the case of chronic *Vicharchika*.

Case Presentation: A 35-year-old female patient presented with severe itching, oozing, hyperpigmentation, and thickening of the skin on both feet for a period of one year. There were seasonal exacerbations of the symptoms, and temporary relief with steroids was achieved. Ayurvedic profiling revealed *Kapha Pitta* predominance with associated *Rakta Dushti*. The EASI score was 4. 0.

*Manjishthadi Kashayam* 15ml BD, *Kaishora Guggulu* 2 tablets BD, *Punarnavadi Guggulu* 2 tablets BD, and *Nalpamaradi Taila* for local application were prescribed to the patient. *Jalaukavacharana* (Blood letting therapy by leech application) was given for three sittings at 10, day intervals.

There was a significant decrease in the severity of symptoms such as itching, discharge, redness, and lichenification after 30 days. The EASI score was decreased from 4. 0 to 1. 2.

*Shodhana* and *Shamana* therapies, including *Raktamokshana* (blood-letting therapy) with *Jalauka* (leech application) are effective in treating the symptoms of chronic *Vicharchika*.

**Key words :** *Vicharchika, Raktamokshana, Eczema, Jalauka.*

*Vicharchika* is a *Kshudra Kushta* (Skin disorders) in Ayurveda and is almost similar to eczema in modern dermatology<sup>1</sup>. It is an outcome of the vitiation of *Pitta* and *Kapha doshas*, which manifests as *Kandu* (itching), *Pidika* (eruptions), *Srava* (discharge)). According to Ayurvedic texts, improper diet and lifestyle practices lead to an imbalance of doshas, which may cause skin ailments<sup>2</sup>. The treatment modality includes the regulation of doshas through internal and external preparations, along with bloodletting techniques such as *Raktamokshana*. For the preparation of the manuscript relevant literature<sup>1-13</sup> has been consulted.

➤ *Case Report :*

Patient Name: XYZ

Age/Sex: 35-year-old Female

Chief Complaints:

Intense itching (*Kandu*) since 1year

Oozing wounds (*Srava*) over both feet

Discolouration and thickening of the skin

➤ *History of present illness :*

The patient, a 35-year-old woman, has complained of itching (*Kandu*) in the feet and has had an oozing (*srava*) condition on her feet for the last year. At first, her symptoms consisted of only small vesicles with mild itching, but this has progressed over time. The patient noted increased symptom severity with varying seasons and especially in humid

conditions. Eventually, the lesions began to ooze and the skin has become thickened and there is intense itching causing erosion of skin and secondary infection. The patient has previously tried topical agents (corticosteroids and antihistamines), so now she is seeking further care and management at our hospital for her condition.

➤ *Family History :*

No any relevant family history

➤ *Previous medicinal History :*

The patient has previously tried topical agents (corticosteroids and antihistamines)

➤ *Personal History :*

Diet: Mixed diet, predominantly spicy, non-veg -3 times a week

Addiction: No addictions

Sleep: Regular

Bowel: Normal

Micturition: Normal quantity, no abnormality detected

➤ *Systemic Examination :*

- o Conscious, oriented, moderately built
- o No pallor, icterus, or clubbing
- o No pedal oedema or lymphadenopathy
- Respiratory System: Normal vesicular breath sounds, no added sounds
- Cardiovascular System: S1 and S2 heard, no mur-murs

- Gastrointestinal System: Soft, non-tender, normal bowel sounds
  - Nervous System: Normal reflexes, sensations intact
- *Ashtasthana Pariksha (Eightfold Examination)* :
1. *Nadi Pariksha*: *Kapha-Pitta* predominance
  2. *Mutra Pariksha*: Slightly yellowish, normal quantity, no abnormality detected
  3. *Mala Pariksha*: Well-formed stools
  4. *Jivha Pariksha*: Coated, indicative of *Kapha* dominance
  5. *Shabda Pariksha*: Normal
  6. *Sparsha Pariksha*: Rough, dry, and thickened skin
  7. *Drik Pariksha*: no vision impairment
  8. *Akruti Pariksha*: Moderately built
- *Dasavidha Pariksha* :
1. *Prakriti*: *Kapha-Pitta* dominance
  2. *Vikriti*: Vitiating of *Kapha* and *Pitta* doshas
  3. *Sara* : *Madhyama*
  4. *Samhanana*: Moderate
  5. *Pramana*: Within normal limits
  6. *Satmya*: *Katu pradhana sarvarasa*
  7. *Satva*: *Madhyama satva*
  8. *Ahara Shakti*: Mildly affected, occasional bloating
  9. *Vyayama Shakti*: Reduced due to pain and swelling
  10. *Vaya*: 35 years, in the *Madhyama Avastha*
- *Skin Examination* :
- Appearance: Thickened, dry, scaly patches with oozing lesions
  - Texture: Rough and leathery
  - Colour: Hyperpigmentation with reddish eruptions
  - Itching Severity: Severe, worse at night
  - Temperature: Normal

Chikitsa Employed<sup>4,8,9,10,12</sup>

Treatment	Dosage/ frequency	Mode of action
<i>Manjishthadi Kashayam</i>	15 ml BD	Act as a <i>Raktashodhaka</i> ( Blood purifier) and anti-inflammatory agent, detoxifying the skin and reducing itching and oozing.
<i>Kaishora Guggulu</i>	2 tablets BD	Pacifies <i>Pitta</i> and <i>Kapha dosha</i> , reduces inflammation, and promotes tissue healing.
<i>Punarnavadi Guggulu</i>	2 tablets BD	Reduces swelling and enhances blood circulation, preventing stagnation that aggravates <i>Vicharchika</i> .
<i>Jaloukavacharana</i>	Three sittings, once every 10 days.	Facilitates <i>Raktamokshana</i> ( bloodletting), removes impure blood, and reduces inflammation, a leech saliva contains bioactive peptides with anti-inflammatory, analgesic and anticoagulant properties. Helps in soothing skin, reducing pigmentation, and promoting healing
<i>Nalpamaradi Taila</i>	Local application	

➤ Total EASI<sup>3</sup> Score Calculation

Before Treatment:

Lower Limbs (40% weight) →  $(10 \times 0.4) = 4.0$

Total EASI Score (Before) = 4.0 (Mild to Moderate Eczema)

After Treatment:

Lower Limbs (40% weight) →  $(3 \times 0.4) = 1.2$

Total EASI Score (After) = 1.2 (Mild Eczema / Significant Improvement)

Body Region	% BSA involved	erythema	induration	excoriation	lichenification	Sub-score (before)	Sub-score (After)
Trunk	0	0	0	0	0	0	0
Lower limb	20%	3 → 1	3 → 1	2 → 0	2 → 1	10	3

*Interpretation:*

- Marked improvement was observed in erythema, induration, excoriation, and

lichenification after treatment.

- The EASI score reduced from 4.0 to 1.2, indicating a significant reduction in disease severity.



Before treatment



After Treatment

➤ **Results**

Significant improvement was noted by the patient after completing the prescribed Ayurvedic treatment and receiving three sessions of *Jalaukavacharana* therapy. Reduction in itching and oozing from the wounds throughout the body was substantial, as was the decrease in swelling in both legs at

that time. The patient had complete relief from his condition as well as full recovery within 30 days of beginning treatment.

▪ **Nidana ( causative factor) :**

1. *Ahara* (food)

- The patient consumes a spicy and non-vegetarian diet (3 times a week), which

aggravates Pitta and *Rakta Dushti*<sup>11</sup>.

- Possibly *Viruddhahara* (incompatible diet) leading to *Dosha* imbalance.

Excessive consumption of *Guru* (heavy), *Snigdha* (oily), and *Kaphavardhaka Aharas*, leading to *Kapha Dushti*.

## 2. *Vihara*

- The patient reported seasonal variations affecting the condition, especially in humid conditions, indicating an influence of external environmental *Nidanas*.
- Possible lack of exercise leading to *Kapha Sanchaya*, worsening skin inflammation.

## 3. *Psychological Factors*

- Chronic skin conditions often correlate with *Manasika Bhavas* like stress, anxiety, or emotional disturbances, which can further aggravate Pitta and affect immune responses.

## 4. *Agantuja Nidana* (external factors)

- The prior use of corticosteroids and antihistamines provided temporary relief but contributed to recurrence, leading to chronicity<sup>6</sup>

## ▪ *Samprapti* (pathogenesis) of *Vicharchika* (Eczema) in this Case :

Based on the detailed assessment, the *Samprapti* (pathogenesis) of *Vicharchika* in this patient follows the *Kushtha* (Skin disease) *Samprapti* mentioned in *Ayurveda*.

### 1. *Dosha Dushti*:

- The *Aaharaja* and *Viharaja Nidanas* lead to *Kapha-Pitta Pradhana Dushti*, causing *Rakta Dushti* and *Twak Vikara*. *Kapha* causes *Snigdhatata* (oozing lesions), *Pitta* leads to *Kandu* (intense itching) and *Shyava Varna*

(discolouration), and *Rakta Dushti* results in *Pidika* (eruptions)<sup>7</sup>.

### 2. *Dushya* Involvement:

- Twak* (skin) – Affected directly, leading to thickened skin, hyperpigmentation, and lichenification.
- Rakta* (blood)– Contaminated by *Pitta* and *Kapha*, causing inflammation and erythema.
- Mamsa* (muscle)– Involved in deeper skin layers, leading to chronicity.

### 3. *Srotodushti* :

- Rakta Vaha Srotas Dusti* → Due to *Pitta* and *Kapha* aggravation, leading to inflammation and oozing.
- Meda Vaha Srotas Dusti* → Due to *Kapha Dushti*, leading to thickening and chronic lichenification<sup>1</sup>.

### 4. *Vyadhi Swabhava* :

- Initially started as *Pidika* (small vesicular eruptions) and later progressed to *Srava* (oozing), *Kandu* (intense itching), and discolouration (*Shyava Varna*).
- Seasonal worsening indicates *Nidana Sevana* leading to *Vyadhi Sanskara* (chronic exacerbations)

Category	Involvement
<i>Dosha</i>	<i>Kapha-Pitta Pradhana</i>
<i>Dushya</i>	<i>Twak, Rakta, Mamsa</i>
<i>Srotas</i>	<i>Raktavaha, Medavaha</i>
<i>Agni Dushya</i>	<i>Manda</i>
<i>Rogamarga</i>	<i>Bahya Rogamarga</i>
<i>Sthana samshaya</i>	<i>Twak, Rakta</i>
<i>Udbhava Sthana</i>	<i>Amashaya</i>
<i>Vyakta Sthana</i>	<i>Twak</i>

The present case report highlights again the efficacy of a comprehensive Ayurvedic approach in managing *Vicharchika* (Eczema). The patient, who was suffering from chronic symptoms such as severe itching, oozing lesions, and skin thickening for over a year displayed considerable clinical improvement within just 30 days of integrative therapy. A regime of internal medications, for example, *Manjishtadi Kashaya: Kaishora Guggulu*, in conjunction with external application of *Nalpamaradi taila* and *Jalaukavacharana* (Leech therapy) demonstrated a synergistic effect in reducing inflammation, detoxifying blood, and restoring skin integrity. The EASI score showed a marked decline from 4.0 to 1.2, showing substantial relief in erythema, induration and excoriation. The therapy also worked on underlying *dosha* imbalances of *Kapha*, *Pitta*, and *Rakta*, which aligns with classical Ayurvedic philosophy. This case illustrates its clinical significance and the therapeutic potential of classical Panchakarma interventions, especially *Raktamokshana*, in the treatment of chronic skin disorders.

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